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## **What is claimed is:**

1. A shoe donning aid comprising

a generally U shaped body, having an external portion and an internal portion extending downwardly from a top portion, said external portion being spaced from said internal portion, said body constructed to permit its placement on a rear part of a shoe so that said internal portion, or a portion thereof, lies within the shoe, and said external portion, or a portion thereof, lies outside of the shoe, and a rear portion of the shoe protrudes between said external portion and said internal portion for preventing said body from migrating forwardly from said rear of the shoe;

said body having a rear region and two side extensions, each of said side extensions having at least one prehensile finger grip, for aiding in placing the shoe donning aid into a shoe.

2. A shoe donning device as claimed in claim 1, wherein said each of said side extensions further having at least one forward edge, comprising grip enhancer for enhancing the holding of the device within the shoe as a foot is inserted therein.
3. A shoe donning device as claimed in claim 2, wherein said grip enhancer comprises a stepped edge for engaging a contour at the top of a shoe opening.
4. A shoe donning device as claimed in claim 2, wherein said grip enhancer comprises serrations in said forward edge.
5. A shoe donning device as claimed in claim 2, wherein said grip enhancer is outwardly biased.
6. A shoe donning device as claimed in claim 2, wherein said grip enhancer comprises a friction element coupled to the internal portion of said side extension, or formed therein.
7. A shoe donning device of claim 1 further comprising a tab depending downwardly from said rear region and extending downwardly below the internal portion.
8. A shoe donning device of claim 1 further comprising of at least one offset leverage protrusions coupled to said external portion or formed therein, and extending outwardly sideways from the said rear region to form an extraction point.
9. A shoe donning device as claimed in claim 1, wherein said body or a portion thereof is made of resilient material.

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10. A shoe donning device as claimed in claim 1, wherein said rear portion of the internal region is forwardly biased.
  11. A shoe donning device as claimed in claim 1, wherein said rear region of the top portion is having a hole formed therein, said hole dimensioned for receiving a string.
  12. A shoe donning device as claimed in claim 1, wherein said internal portion having a bottom rear region with at least one upwardly extending slot disposed therein.
  13. A shoe donning aid comprising
    - a generally U shaped body, having an external portion and an internal portion extending downwardly from a top portion, said external portion being spaced from said internal portion, said body constructed to permit its placement on a rear part of a shoe so that said internal portion, or a portion thereof, lies within the shoe, and said external portion, or a portion thereof, lies outside of the shoe, and a rear wall of the shoe protrudes between said external portion and said internal portion for preventing said body from migrating forwardly from said rear of the shoe;
    - said body having a rear region and two side extensions, each of said side extensions having forward edges wherein said forward edges comprise at least one grip enhancer for enhancing the holding of the device within the shoe.
  14. A shoe donning device as claimed in claim 13 wherein said internal portion having a bottom rear region with at least one upwardly extending slot disposed therein.
  15. A shoe donning device as claimed in claim 13, wherein said grip enhancements comprise a stepped edge for engaging a contour at the top of a shoe opening.
  16. A shoe donning device as claimed in claim 13, wherein said grip enhancement comprise serrations in said forward edge.
  17. A shoe donning device as claimed in claim 13, wherein said grip enhancer comprises a friction element coupled to the internal portion of said extension, or formed therein.
  18. A shoe donning device as claimed in claim 13 wherein said forward edges are outwardly biased.
  19. A shoe donning device as claimed in claim 13 further comprising a tab extending downwardly from said rear external region and extending downwardly below the level of the internal portion.

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20. A shoe donning device as claimed in claim 13 further comprising of at least one offset leverage protrusions molded or formed in said external portion, and extending outwardly sideways from the said rear region to form an extraction point.
21. A shoe donning device as claimed in claim 13, wherein said body or a portion thereof is made of resilient material.
22. A shoe donning device as claimed in claim 13, wherein said rear region of the internal portion is forwardly biased.
23. A shoe donning device as claimed in claim 13, wherein said device further having a hole formed therein in said rear region of the top portion, said holes dimensioned for receiving a string therein.
24. A shoe donning aid comprising
- a generally U shaped body constructed of resilient material, and having an external portion and an internal portion extending downwardly from a top portion, said body constructed to permit placement of the body on a rear part of a shoe so that said internal portion lies within the shoe, and said external portion lies outside of the shoe, said body having a rear region and two side extensions;
  - said external portion having an external top region, and spaced from said internal portion for preventing said body from migrating forwardly from said rear of the shoe;
  - said internal portion having an internal top region, and an internal bottom region and further comprising at least one upwardly extending slot cut in its bottom rear region;
  - said side extensions each having forward edges wherein said forward edges comprise grip enhancements for enhancing the holding of the device within the shoe as a foot is inserted therein, and said side extensions further comprising prehensile finger grips coupled to said top portion; and,
  - an extraction tab depending downwardly from said rear region of said external portion and extending downwardly below said internal bottom region.
25. A shoe donning device as claimed in claim 24, wherein said grip enhancements comprise a stepped edge for engaging a contour at the top of a shoe.
26. A shoe donning device as claimed in claim 24, wherein said grip enhancement comprise serrations in said forward edge.
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27. A shoe donning device as claimed in claim 24, wherein said grip enhancer comprises a friction element coupled to the internal portion of said side extension, or formed therein.